



# HEALING MINDS HEALING HEARTS

An Interactive  
**Mental Health and  
Life Skills Workshop for Students**  
to make them Real World Ready



*Presented by*

**Reena Chopra**

Psychologist  
Parenting Coach  
Founder-Saar Holistic Wellness



An evidence-based program designed to empower students with emotional resilience, mental clarity, and balanced behaviour—promoting both academic success and personal wellbeing.



## About the Expert:

Reena Chopra brings over 15 years of experience working with children, mothers, and educational institutions. She is a certified child psychologist and a nationally recognized voice in parenting and mental wellness.

### Highlights:

- **Academic Excellence :** Certified in child, teen, and adult psychology
- **Featured Speaker:** National Parenting & Education Summits. Conducted several school and college workshops
- **Awardee:** Awarded By Global excellence Indian Icon 2024 as Modern Parenting Expert, recognised by Govt of India
- **Founder:** 15+ years of experience in mental health and corporate HR. Trusted by parents, schools, corporates, and NGOs across India. Bridging Gap in psychology, Modern Parenting and Well being

## Why this Workshop is Essential

### Research-Backed Insights



**75%** of students feel overwhelmed by academic expectations (NIMHANS)



**60%** say social media negatively affects their confidence (UNESCO)



**70%** of girls report body image concerns (NCERT & Childline)

## THE 3C MODEL OF LIFE SKILL & MENTAL HEALTH

Unlock the secret of wellbeing with our proven 3C Approach.



### CALM

Cultivate emotional balance and respond thoughtfully, not reactively.



### COMMUNICATE

Foster open dialogue, listen actively, and understand your child's perspective.



### CONNECT

Build strong, trusting relationships that nurture growth and understanding



## Why This Workshop

Our workshop aims to equip students with the mental resilience to cope with **stress, fear, and failure; clarity in managing time, distractions, and focus; confidence to handle relationships, peer pressure, and personal boundaries; emotional intelligence and self-awareness for balanced living; and essential life skills** to transition confidently into the professional world.

## Hands-On Learning: Interactive Workshops



Managing Academic Pressure & Emotional Well-being



Building Self-Esteem & Identity



Time Management & Overcoming Distractions



Healthy Social Media Usage & Digital Boundaries



Career Readiness in the NEP Era

## Benefits for Your Institution

- Improve student **mental well-being and academic performance**
- Reduce absenteeism and burnout
- Prepare students for **interviews, workplace, and life beyond college**
- Enhance your institution's reputation for **student-centric support**
- Foster a culture of **empathy, leadership, and emotional intelligence**

# Awards & Achievements



## Let's Collaborate

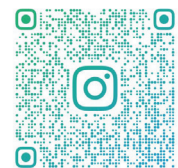
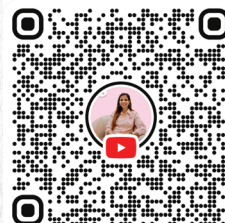
We would be honored to bring "Healing Minds, Healing Hearts" to your esteemed institution. Please let us know a convenient time for a brief meeting to discuss how this workshop can be tailored for your school's needs.

## Featured On



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